



# Sophie Loves ...

My product recommendations  
for **Gorgeous** glowing skin!

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# *Sophie Loves, Recommends*

... and gets somewhat specific about which products you might want & need to stay Gorgeous For Good.

Thanks so much for grabbing a copy of my “Sophie Loves ...” recommendations. This is by no means an exhaustive list, and it will be updated as and when needed, however, I think I’ve provided you with a pretty varied selection of choices for your skin type and age. I’ve also recommended a plethora of other products, which I believe to all come under the “**Gorgeous For Good**” umbrella, because beauty goes way beyond our skin... it’s what we eat, drink, allow in our homes, and most importantly how we treat ourselves and others.

To get and stay gorgeous is a completely holistic endeavor, which encompasses makeup, skin care, nutrition, fitness and most importantly, spirit. This is the reason why I wrote my brand new book - **Gorgeous For Good: 30 Days to Lasting Beauty Inside & Out** - so that I could distill all of the things we need to do into an easy 30-day program that will (I promise you) completely transform the way you look and feel.

May I be so bold as to recommend you be one of the first to own a shiny, new copy of my new book, *Gorgeously Good*, by clicking [here](#). I have addressed all your very specific skincare, nutritional, and fitness concerns in great detail – leaving no stone uncovered.

OR

I would love for you to join me at my first ever **live-streamed beauty-from-within seminar** on February 9<sup>th</sup>, and guess what? If you pre-order a copy of **Gorgeous For Good** now, you get the seminar for FREE - total win/win right?

So, I’m hooking you up ladies! You’ve got my product recommendations here – now all you need is my program. My deepest desire is that you all discover a way of life that makes you feel younger, stronger and more vibrant than you did 20 years ago. My program works ... it really does.

I look forward to seeing you at the seminar to engage with you, and even answer some of your questions live.

In the meantime, I hope you find the product recommendations that you’re looking for.

*Sophie*

# *Product Love*

Over the years, I have come to know and love so many wonderful skin care, beauty and healthy home brands. I have been lucky enough to take almost every product that I recommend to you in this book on an extended test drive. If the products weren't targeted for my age and skin type, I called on my trusty team to test them for me.

## *My Trusty Team*

**Lola**, my 13-going-on-18 year-old daughter is my tester for oily/acne prone skin, and has graciously tested a plethora of brands (and is brutally honest!).

The gorgeous **Katharine** is my tester for brands that skew toward a young and healthy skin (that needs to stay that way). I look at Katharine and wish that I had applied all these preventative products to my skin when I was in my twenties.

**Lena** is a gorgeous actress and part-time beauty editor, who is extremely picky about skin care products. She tests products for a healthy thirty-something skin, who wants to take as many preventative steps as she can to avoid more drastic measures later down the line.

**Julia** is my sensitive/Rosacea girl. She tests the products that absolutely need and have to be okay for very dry/inflamed skin.

**Joseph Uliano**, my long-suffering husband has tested hundreds of “anti-aging” products for me over the years. He’s a rather unwilling victim – but really… does he have a choice?

## *Cherry Picking*

I think the smartest thing to do is to cherry pick different products from different brands. Almost every brand that I love has their hero products, or very specific ones that have really worked for me. I never get all my products from one brand, and neither should you – because you're likely missing out on something that could blow you away!

## *Gorgeously Green Criteria*

When you get your hands on a copy of my new book, **Gorgeous For Good: 30-Days To Lasting Beauty Inside & Out**, you'll learn (in great detail) how to choose a product that's right for you, based on all kinds of criteria. You will learn which ingredients you need to embrace and which you need to avoid like the plague. You will learn how to combine specific products and how to completely reboot your entire beauty regime from top-to-toe, from morning-to-night.

But, for the purposes of this simple guide, just know that each and every product I have chosen has had to go through my strict vetting process. Remember, I'm only interested in products that smell good, feel good and DO Good (and produce outstanding results). It's taken me years to get to know and trust many of these companies, so my recommendations come with great love and respect for all involved.


I have also tried to supply you with a range of products to suit every budget. Please keep in mind that truly natural skin care products (and particularly those that are organic), are going to cost more than your average mass-produced drugstore brand. But you get what you pay for ... and good ingredients will work with your skin naturally, truly keeping your **Gorgeous For Good!**

## General Skin Care recommendations for your age:


These are very generic recommendations because many of these brands fall into both categories. However, I've tried to separate them out because I get a lot of questions asking for particular age recommendations. Also, if you have normal, unblemished 20-year-old skin, you may not need the hard-hitting products that we have to reach for when we march over a certain hill!

Also remember, good beauty products aim to nourish the health of your skin, rather than to simply mask symptoms such as dryness. All of the of brands I recommend do just that.


### 20's – 30's

 **Aēsop**®      \$\$ - \$\$\$      [aesop.com](http://aesop.com)


This is an iconic brand, and one of the first in the naturally luxurious skincare space. I'd take and use any of their products in a heartbeat!

 **alba**  
BOTANICA®      \$      [www.albabotanica.com](http://www.albabotanica.com)

Alba Botanica is one of my go-to lines. With products for face, hair and sun, including toners, cleansers and deodorants, Alba is an amazing company taking huge steps to protect the environment!

 **ALPHA-H**      \$\$ - \$\$\$      [www.alpha-h.com](http://www.alpha-h.com)

What I really love about Alpha-H is their dedication to skincare solutions. Wrinkles, sun damage, dehydration – Alpha-H has products to help any skin type through thick and thin! Great for on-the-go wear!

 **ANDALOU**  
n a t u r a l s  
FRUIT STEM CELL SCIENCE      \$      [www.andalou.com](http://www.andalou.com)

Andalou is one of the most thoughtful companies making products today. With a strong emphasis on knowing where their ingredients come from and creating truly effective products, Andalou is a great addition to any regime.



## **BURT'S BEES**

\$

[www.burtsbees.com](http://www.burtsbees.com)

If you've been alive for the past 15 years, undoubtedly you've seen one of Burt's Bees signature yellow chapsticks. But this powerhouse goes beyond lips to take care of your hair, skin and face with a full line of nurturing products.

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[www.coolasuncare.com](http://www.coolasuncare.com)

What's the number one thing you can do for your skin right now? Protect it from sun damage. Coola Suncare is a go-to for me because of their range of SPF levels, packaging and collections.

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[www.alkaitis.com](http://www.alkaitis.com)

Amazing products, sleek packaging – what's not to love Dr. Alkaitis. And get this – All Dr. Alkaitis Organic Skin Care products are made with edible living ingredients including certified organicbiodynamic and wild-crafted herbs, fruits and see vegetables and virgin cold-pressed vegetable and essential oils. Their motto? "If you can't eat it, don't put it on your skin."

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## **EARTH TU FACE**

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[www.earthtuface.com](http://www.earthtuface.com)

Two herbalists, a garden and focus – those are the primary ingredients that created Earth Tu Face. I love the youthfulness and the scope of this line – from Dead Sea Salt Scrub to EyeRepair Serum to their Voyage! Travel Kit – Earth Tu Face is truly awesome.

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[eliqueorganics.com](http://eliqueorganics.com)

A friend in Los Angeles turned me onto Elique because she swears by their facials. Their products are all exquisite.

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[farmaesthetics.com](http://farmaesthetics.com)

Founder Brenda Brock's brand truly stands out as one of the pioneers of the farm-to-face movement. Her traditional herbal formulations are simple, and yet so nourishing and healing for all skin types and ages.

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[goodforyougirls.com](http://goodforyougirls.com)

I love these products despite being well outside their target demographic. This is a great line to give to any young person just starting their skincare routine. Vegan, natural, gluten-free, awesome.

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HANA  
ORGANIC SKINCARE

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[www.hanaorganicskincare.com](http://www.hanaorganicskincare.com)

This is a clean and beautiful line that has gone to the trouble to create an completely natural unique preservative system.

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[www.hollybethorganics.com](http://www.hollybethorganics.com)

I have a soft spot for Hollybeth because she's from Georgia (and I love almost everyone I've ever met from that neck of the woods), and like me she had an epiphany about skin care, which is why she created her uber-clean, USDA certified organic line.

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[honeygirlorganics.com](http://honeygirlorganics.com)

This line is made from raw organic honey from Hawaii. It is a family-run business, which I just love because they are so invested in quality.

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ILIA

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[iliabeauty.com](http://iliabeauty.com)

When I think Ilia I think luscious, fabulous lip color. But they have amazing makeup beyond lips too. Ilia is real, natural beauty done totally right.

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[www.keys-soap.com](http://www.keys-soap.com)

Clean, safe, organic – Even my dogs love Keys (along with their many lines they have a collection for pets)! And I love their commitment to transparency – every product has a full label available on their website so customers can compare and examine all in one place.

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\$\$ - \$\$\$\$ [leclissecosmetic.com](http://leclissecosmetic.com)

If you have sensitive skin, than L'Eclisse is a must-have for your beauty cabinet. With special attention paid to anti-inflammatory ingredients like titanium dioxide and zinc oxide, L'Eclisse products home sooth acne, rosacea and other skin ailments.

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\$\$ [www.madhippie.com](http://www.madhippie.com)

Loved these gals ever since I first chanced upon them a few years ago. They know their stuff and formulate clean and powerful products.

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may lindstrom skin

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[maylindstrom.com](http://maylindstrom.com)

May is both an artist and a poet (just go look at her site), and well as creator of the most beautiful luxurious skin care products I've ever tried. Every product is a treat!

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MyChelle  
DERMACEUTICALS

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[www.mychelle.com](http://www.mychelle.com)

MyChelle products are the epitome of pampering. Designed to cleanse, nourish and protect your skin, I just cannot get enough of the entire MyChelle line.

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Ethical Organic  
Health & Beauty

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[us.nyrganic.com](http://us.nyrganic.com)

I have such a deep personal connection to Neal's Yard because they turned me on to natural skin care over 25 years ago in London. NO ONE was into it then, and I used to visit their apothecary in Covent Garden with its walls of herbs and tinctures – I knew way back then that this is what I wanted to be involved in – a truly natural and holistic way of life.

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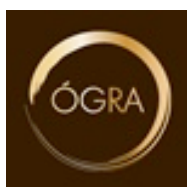
Odacité  
FRESH FOR YOU

\$\$

[www.odacite.com](http://www.odacite.com)

Another personal connection here: owner Valerie Grandury has become a dear friend. She has integrity, passion and attention to detail like no one I have ever met. Being a cancer survivor, Valerie takes non-toxic beauty to the next level, and combines her commitment to the “fresh-iency” of her ingredients, with outstanding quality.

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[www.ograskincare.com](http://www.ograskincare.com)

I took this line made from Irish Peat onto a St Patrick's Day TV episode, and after finding out everything I could about them, fell in love with the healing and regenerating properties in peat.



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[www.oneloveorganics.com](http://www.oneloveorganics.com)

No wonder there has been so much beauty magazine buzz about this company – they make organic skin care easy-to-understand, and very easy to use. A great line for green newbies!



\$ - \$\$

[organic-essence.com](http://organic-essence.com)

Hats off to this company for their commitment to 100% sustainable packaging! It's totally compostable. I love their hydrating formulas packaged in easy-to-travel-with cardboard tubes and tubs.



\$ - \$\$

[splurgeskincare.com](http://splurgeskincare.com)

This is an uber simple, clean line, which makes for a perfect gift to either yourself or someone you love who is attempting to go green.



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[www.tammyfender.com](http://www.tammyfender.com)

Right up my alley – Tammy Fender's entire holistic skin care line is organic and absolutely Gorgeously Green!



\$\$

[tastyfaceorganics.myshopify.com](http://tastyfaceorganics.myshopify.com)

Organic, hand-crafted, small batch – Three of my favorite words in skincare. TASTYFACE products have no chemicals, parabens, petrochemicals, dairy, gluten or soy – and with scents like Rosemary Aloe and Sicilian Lemon Mint, how can you go wrong?



\$\$\$ - \$\$\$\$

[www.tataharperskincare.com](http://www.tataharperskincare.com)

OMG – Tata has kind of earned her place of as the Queen of the farm-to-face movement. She is the real deal – and has gone where no one else has in terms of creating her products soup-to-nuts on her organic farm in Vermont. She is her own manufacturer because she plants the seeds, grows them sustainably, and then creates one-of-a-kind formulas…beyond!!!!

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[www.tilvee.com](http://www.tilvee.com)

I have loved Tilvee for many years because owner, Kristi McNamara, is a talented and passionate formulator, who oversees every single one of her formulas, which are all made in the clean mountainous air of Boulder, Co. Kristi embodies a fresh, holistic lifestyle, and is an angel!

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[www.traciemartyn.com](http://www.traciemartyn.com)

Tracie is a facialist to many celebrities here in Los Angeles, and many of her outstanding pro-active formulas have an almost cult following.

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\$ - \$\$

[www.wedderspoon.com](http://www.wedderspoon.com)

There's nothing quite as decadent as honey, particularly Manuka Honey, which is created by New Zealand bees that pollinate the native manuka bush. With products ranging from body care to beeswax candles, the Wedderspoon Manuka lines are simply divine.

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\$

[www.yestocarrots.com](http://www.yestocarrots.com)

I love every Yes To … product line – all of their products are free of parabens, petroleum and phthalates. Each collection (carrots, cucumbers, tomatoes, grapefruit, blueberry, coconut and baby carrot) caters to a different ailment – from oily skin to wrinkles, uneven skin tone to very dry, Yes To has you covered.

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[www.zuiiorganic.com](http://www.zuiiorganic.com)

I LOVE Zuii make-up. Superior products meet wearable colors and tones for every skin type.

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## 40's and beyond

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[a-ma-ta.com](http://a-ma-ta.com)

Dr. Christiane Northrup is an absolute genius. Her line is designed to transform the “experience of menopause from one of dread to one of empowerment and pleasure” – Can’t argue with that!

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\$\$ - \$\$\$

[www.aesop.com](http://www.aesop.com)

This is an iconic brand, and one of the first in the naturally luxurious skincare space. I’d take and use any of their products in a heartbeat!

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[www.alpha-h.com](http://www.alpha-h.com)

What I really love about Alpha-H is their dedication to skincare solutions. Wrinkles, sun damage, dehydration – Alpha-H has products to help any skin type through thick and thin! Great for on-the-go wear!

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\$

[andalou.com](http://andalou.com)

Andalou is one of the most thoughtful companies making products today. With a strong emphasis on knowing where their ingredients come from and creating truly effective products, Andalou is a great addition to any regime.

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[www.arcona.com](http://www.arcona.com)

I love ARCONA’s philosophy: “Color, fragrance and consistency don’t change your skin – live, active ingredients do.” And ARCONA takes the best ingredients and makes amazing products for every skin type.

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[www.cosmedix.com](http://www.cosmedix.com)

If your skin is in need of corrective measure, I highly recommend the entire Cosmedix line. Their products are strong, pure and effective – a potent combination for aging skin.



\$\$

[cvskinlabs.com](http://cvskinlabs.com)

This is a really solid, clean line, which is perfect for anyone with sensitive, broken or damaged skin.



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[dermae.com](http://dermae.com)

I just cannot say enough wonderful things about derma e. Each product uses nature's most effect ingredients to create beautiful, safe, natural solutions for every skin type.



\$\$\$ - \$\$\$\$

[www.alkaitis.com](http://www.alkaitis.com)

Amazing products, sleek packaging – what's not to love Dr. Alkaitis. And get this – All Dr. Alkaitis Organic Skin Care products are made with edible living ingredients including certified organicbiodynamic and wild-crafted herbs, fruits and see vegetables and virgin cold-pressed vegetable and essential oils. Their motto? "If you can't eat it, don't put it on your skin."



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[eminenceorganics.com](http://eminenceorganics.com)

I love Eminence products – they're lines are sophisticated, packed with nutrients and perfect for everyday-wear. Their product lines are comprehensive, with options for every skin-type and beauty regime.



\$\$

[iliabeauty.com](http://iliabeauty.com)

When I think Ilia I think luscious, fabulous lip color. But they have amazing makeup beyond lips too. Ilia is real, natural beauty done totally right.





\$ - \$\$

[www.juicebeauty.com](http://www.juicebeauty.com)

Juice Beauty has been a firm fav of mine for years, and I've loved to see how the company has evolved from its humbler beginnings to now bring us cutting edge anti-aging products that pack a powerful punch in terms of their proactivity. They have a huge line to choose from, as well as lovely makeup.

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\$\$ - \$\$\$\$

[leclissecosmetic.com](http://leclissecosmetic.com)

If you have sensitive skin, than L'Eclisse is a must-have for your beauty cabinet. With special attention paid to anti-inflammatory ingredients like titanium dioxide and zinc oxide, L'Eclisse products home sooth acne, rosacea and other skin ailments.

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LA VIE CÉLESTE®



All-Natural Age Defying Skin Care

\$\$\$ - \$\$\$\$

[www.laviecelesteskinicare.com](http://www.laviecelesteskinicare.com)

When I think La Vie Celeste I think "anti-aging" and sensitive skin, but really this is an amazing line for any skin type. I love their sophisticated packaging and their dedication to holistic beauty.

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[lingskinicare.com](http://lingskinicare.com)

I just love the holistic philosophy Ling brings to skin care. Each product merges traditional Asian beauty principles with state-of-the-art ingredients to create a line perfect for every skin type and need.

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[www.michaeltoddusa.com](http://www.michaeltoddusa.com)

Michael Todd means craftsmanship, and a real dedicate to the art of skin care. This has been a part of my skin care regimen for years, and is one of my frequent recommendations for any skin ailment.

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[www.muktiorganics.com](http://www.muktiorganics.com)

No matter what age or skin type, every skin regime needs a great serum, and Mukti is one of my favorites. Their lines are truly alchemy in a bottle.





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[www.paintedearthskincare.com](http://www.paintedearthskincare.com)

Painted Earth is a relatively recent discovery for me, and so happy that they came across my radar as their products are all stellar in terms of packing a great pro-active punch, while being affordable.

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[www.pureceuticalsskincare.com](http://www.pureceuticalsskincare.com)

PureCeuticals is another recent discovery that I immediately latched on to because they are so smart and knowledgeable about their formulations.

There are certain brands out there that everyone raves about on the Internet (not saying which ones!) but that pale in comparison (especially in the serum department) to these babies!

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[radicalskincare.com](http://radicalskincare.com)

It's really all in a name – these products are truly radical for every type of skin. This is one of my go-to lines for antioxidant powered skin care.

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[www.renskincare.com](http://www.renskincare.com)

I have been using Ren Skincare for years because of their unique, powerful and very clean formulations for maturing skin – love!

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[www.sarahchapman.net](http://www.sarahchapman.net)

You only have to try Sarah Chapman products once to know how truly special they are. Every line is great (truly), but when in doubt, try their “Help Me Choose” function on their website for amazing recommendations!

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[sircuitskin.com](http://sircuitskin.com)

I am seriously impressed with the science behind the Sircuit skin products. Because I am a scientific research nerd when it comes to formulas I was intrigued by how these uber-effective formulations were created, and the thinking behind them. They are known because of their use of “chirally correct” ingredients – meaning the ingredients are manufactured in a form that it recognized and thus utilized by our skin.

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**Julia T. Hunter M.D.**

**Wholistic Dermatology™**

*Treating the body as a whole*

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[www.juliathuntermd.com](http://www.juliathuntermd.com)

Dr. Julia T. Hunter is a brilliant and very unique dermatologist because she combines a very holistic and very scientific approach into her carefully formulated products. The strength, delivery system and efficacy of her product have to stand up to the scrutiny of some of the biggest names in Los Angeles – and they do!

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**Sulwhasoo**

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[us.sulwhasoo.com](http://us.sulwhasoo.com)

Great name – great products. Powered by Korean herbal medicine, Sulwhasoo is luxury in a bottle. I love that they offer their lines by concern - correction, hydration, protection, brightening – everything you need to be absolutely radiant.

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[sunshinebotanicals.com](http://sunshinebotanicals.com)

I haven't been without at least two Sunshine Botanicals products in my bathroom since I first discovered them a couple of years back. Holistic aesthetician, Emily Fritchey, is the brainpower behind this hugely intelligent line, which literally ticks every single one of my boxes.

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\$\$\$ - \$\$\$\$

[www.tammyfender.com](http://www.tammyfender.com)

Right up my alley – Tammy Fender's entire holistic skin care line is organic and absolutely Gorgeously Green!

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[www.theorganicpharmacy.com](http://www.theorganicpharmacy.com)

Whenever I walk into an Organic Pharmacy store, I want every single product that I sniff, sample, or try. The quality is outstanding, and visionary homeopath, Margo Marrone, has bought to life a chain of stores and a collection of products that are a natural girl's dream!

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\$\$\$ - \$\$\$\$

[www.traciemartyn.com](http://www.traciemartyn.com)

Tracie is a facialist to many celebrities here in Los Angeles, and many of her outstanding pro-active formulas have an almost cult following.

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[www.zuiiorganic.com](http://www.zuiiorganic.com)

I LOVE Zuii make-up. Superior products meet wearable colors and tones for every skin type.

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# More Specific

Now it's time to dig down and get more specific for those of you have particular skin care concerns:

## Oily/Acne-Prone Skin

Fortunately there are a number of really great products to treat skins that tend toward oily, and that easily break out. Many of these products are also really effective for acne:



### Alba Botanica Acne Dote line

\$2.99 - \$16.00

[www.albabotanica.com](http://www.albabotanica.com)

This line is incredibly comprehensive – From towelettes to astringent, treatment gel to face wash.



### Wedderspoon Manuka Honey and Bee Venom Products

\$4.99 - \$79.99

[www.wedderspoon.com](http://www.wedderspoon.com)

There's something really special happening in this line. It's intensely moisturizing, cruelty-free and made with natural ingredients including bee venom. Love.



### Burt's Bees Pore Refining Scrub

\$10.00

[www.burtsbees.com](http://www.burtsbees.com)

Refined, clear skin is just a scrub away with this refining solution.



### Good For You Girls Gel Cleanser Facewash

\$13.99

[goodforyougirls.com](http://goodforyougirls.com)

This cleanser is great for faces of all ages, especially faces that use make-up. I love how these gel cleanser gently dissolves make up without drying out your skin!

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### Alpha-H Oily/Problematic line

\$34 - \$92.95

[www.alpha-h.com](http://www.alpha-h.com)

This sophisticated treatment includes the treasured Liquid Gold products – Alpha-H's signature line.

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### MyChelle Clear Skin Spot Treatment

\$16

[www.mychelle.com](http://www.mychelle.com)

Sulphur, Tatarol and Zinc Sulfate come together to in this blemish fighting powerhouse.

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### MyChelle Clear Skin Clarifying Pads

\$18.75

[www.mychelle.com](http://www.mychelle.com)

These vegan-friendly clarifying pads dissolve excess oil, clears dead cells and releases impactions in pores.

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### PureCeuticals AcneOily Combo Kit

\$32 for the travel size kit

[www.pureceuticalsskincare.com](http://www.pureceuticalsskincare.com)

This kit truly has it all – Exfoliating cleanse, purifying toner, exfoliating serum, clarifying crème and SPF 30+ moisturizer.

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### Evologie YS3 Complex

\$32 - \$62

[www.evologie.com](http://www.evologie.com)

When I say Evologie works ... it really works! This multi-step system is designed to target pimples and acne where they start.

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### **derma e Very Clear line**

\$54.49

[dermae.com](http://dermae.com)

I love this line because it clears dirt and blemish-causing bacteria while deeply moisturizing. Together, this is a very potent system.

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### **Yes To Tomatoes Acne Prone Bundle**

\$54.96

[www.yestocarrots.com](http://www.yestocarrots.com)

Tomatoes are filled with powerful antioxidants, including the Lycopene. Each product in the Yes To Tomatoes line harnesses the power of antioxidants to defend against breakouts while balancing oil production.

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### **Be Natural Organics Acne Prone Skin Collection**

\$85

[www.benaturalorganics.com](http://www.benaturalorganics.com)

This collection has EVERYTHING you need to combat acne and oily skin. I love this gift box!

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## Rosacea / Sensitive Skin

Many women now suffer from Rosacea, which is an inflammatory skin condition that causes redness and swelling. Others have very sensitive skin, which reacts to anything harsh. If you fall into this category, I recommend you avoid acids (even most “natural” acids), peels, and exfoliating products. The following are skin care lines that carry excellent products specifically for you:



### Sunshine Botanicals Phytocalm collection

\$9.50 - \$40

[www.sunshinebotanicals.com](http://www.sunshinebotanicals.com)

Cooling botanicals, anti-inflammatory features and anti-fungal ingredients are the secret behind the Phytocalm collection.



### CV Skin labs Rescue + Relief Spray

\$34

[cvskinlabs.com](http://cvskinlabs.com)

Instant, cooling relief for even the most extreme skin conditions!



### Celtic Complexion Acne and Rosacea Collection

\$39.95 - \$69-95

[www.celticcomplexion.com](http://www.celticcomplexion.com)

Vegan, gluten-free and paraben-free ingredients plus essential oils make this line absolutely luxurious.



### Simply Divine Botanicals Crème de Rose

\$39.95

[www.simplydivinebotanicals.com](http://www.simplydivinebotanicals.com)

Heavenly is the perfect word for this moisturizer. This heavy-lifter combats dryness, sensitivity, and wrinkles all in one fabulous jar.





### **Dr. Hauschka Rose Day Cream**

\$42.95

[www.dr.hauschka.com](http://www.dr.hauschka.com)

I love the entire Dr. Hauschka line, but this is truly one of their crowning gems. Rose petals and hips come together to calm skin, minimize redness and tame irritation.

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### **Eminence Calm Skin Arnica Masque**

\$54

[eminenceorganics.com](http://eminenceorganics.com)

I've been using arnica for bruises for years, but now you can get all the benefits of this wonder-compound in a soothing masque.

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### **The Organic Pharmacy Rose & Chamomile Cleansing Milk**

\$67

[www.theorganicpharmacy.com](http://www.theorganicpharmacy.com)

A great cleanser can be the perfect solution to sensitive skin. Chamomile's benefits shine through in The Organic Pharmacy's cleansing milk.

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## Dull / Dry Skin

Sometimes our skin can lose its bloom. Although this is a holistic issue in that diet and hormones need to be addressed first, the following products can really help to juice up your skin again after you have addressed the underlying issues.



### Honey Girl Organics Rejuvenating Mask

\$26.99

[honeygirlorganics.com](http://honeygirlorganics.com)

You can literally feel the organic, raw honey healing and rejuvenating your skin – heaven!



### Odacité Pure Elements Serums

\$27 - \$62

[www.odacite.com](http://www.odacite.com)

I cannot say enough good things about ever Odacité Pure Elements serums. Just a few drops in your favorite moisturizer purify skin and stimulate cell regeneration.



### Neal's Yard Remedies Vitamin E and Avocado Night Cream

\$45

[www.nealsyardremedies.ca](http://www.nealsyardremedies.ca)

Apply this vegan treatment after cleansing before slipping into bed for the most productive night's sleep you've had in years.



### Tata Harper Beautifying Face Oil

\$48

[www.tataharperskincare.com](http://www.tataharperskincare.com)

I love the way my skin feels after just one use of Tata Harper's face oil. Lightweight, fast-absorbing and absolutely radiant.



### Odacité Deep Hydration Mask

\$50

[www.odacite.com](http://www.odacite.com)

This tiny jar gives you enough treatments to last at least 5 months, and is packed with olive oil, jojoba oil and tea extracts to replace lost moisture and fight free radicals.

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### Living Nature Flax Serum

\$52

[www.livingnature.com](http://www.livingnature.com)

I love flax in every form, but especially in this firming serum. Rosehip oil and manuka honey are the secret one-two punch against wrinkles!

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### La Vie Celeste Eclairage Restorative Serum

\$98.50

[www.laviecelesteskinicare.com](http://www.laviecelesteskinicare.com)

Natural botanicals give this lightweight, non-sticky serum its superpowers. Great for all ages, day and night.

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### Sulwhasoo Hydro-Aid moisturizing and Lifting Cream

\$100

[us.sulwhasoo.com](http://us.sulwhasoo.com)

The great thing about Sulwhasoo is that you get instant results, which last the whole day. You have to try it to believe it, but a living in So Cal requires as much moisturizer as you can really keep your skin dewy all day – this is one for sure!

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### May Lindstrom The Blue Cocoon

\$160

[maylindstrom.com](http://maylindstrom.com)

The Blue Cocoon shines bright among all of the amazing May Lindstrom products. A must-have for skin that needs serious pampering.

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## Brown Spots / Sun-Damaged Skin

After a certain age, to some degree, all of us have sun damage, which might begin to surface from overdoing it in the sun when we were much younger. Aside from laser, the next best thing to address softening and even removing some of these brown spots and damage is to use particular ingredients that address these specific issues. You are going to love these recommendations.



### Painted Earth Lite Sugar Scrub

\$26.50

[www.paintedearthskincare.com](http://www.paintedearthskincare.com)

This sugar scrub has it all – deep clarifying ingredients with long-lasting moisturizing elements, all without weighing down your skin. I love how balanced it makes my skin feel, even after one use.



### PureCeuticals Cherry Glycolic Peel

\$46

[www.pureceuticalsskincare.com](http://www.pureceuticalsskincare.com)

This peel is amazing – you can actually feel the collagen forming on your face. Goodbye dead skin cells, hello glowing skin.



### Cosmedix Lightening Serum

\$48

[www.cosmedix.com](http://www.cosmedix.com)

I like that all Cosmedix products are pro-strength – so you are not wasting your money when you are purchasing a serum like this, which contains the ingredients you need, in the concentration you need them in!



### Eminence Organics Bright Skin Masque

\$54

[www.eminenstore.com](http://www.eminenstore.com)

I think masques are some of the most powerful tools against skin discoloration. And I love Eminence's Bright Skin Masque – Ultra-efficient with a focus on brightening skin while reducing signs of aging.



### **Painted Earth Advanced Resurfacing Serum**

\$59.00

[www.paintedearthskincare.com](http://www.paintedearthskincare.com)

Skin correction in a bottle! This potent refining serum fights age spots, scarring and discoloration from all the major culprits – acne, sun or hyper-pigmentation.

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### **Laurel Facial Serum: Sun Damage Repair**

\$72

[www.laurelskin.com](http://www.laurelskin.com)

With 27 active ingredients, all designed to address skin discoloration and collagen loss, this facial serum is a real winner. I LOVE the smell, and my skin always feels revitalized after using - so great after a day in the sun!

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### **Sunshine Botanicals Pumpkin Power Peel System**

\$98

[www.sunshinebotanicals.com](http://www.sunshinebotanicals.com)

This is the Rolls Royce or Bentley of at-home-peels because it is a system, which includes a pre-peel (your skin will never feel cleaner), the peel (which smells like pumpkin pie) and an after-peel serum. This system packs a very powerful punch – use it every week for 6 weeks and you'll see a big difference.

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### **Sircuit Cosmeceuticals Brilliance Serum**

\$115

[sircuitskin.com](http://sircuitskin.com)

This serum does just what its name suggests: With regular use, you'll begin to see a brighterlighter skin emerge.

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### **Radical Extreme Repair**

\$150

[www.radicalskincare.com](http://www.radicalskincare.com)

One of the most important ingredient categories in fighting aging, dull skin? Antioxidants. And Radical is FULL of them. A must-add to a regimen that's addressing brown spots and sun damage.

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## **Julia Hunter M.D. Maximal Strength Peel**

\$179

[www.juliathuntermd.com](http://www.juliathuntermd.com)

This peel is for your face and body, but it's so strong that you should do your face and body separately. Also, I wouldn't recommend doing your entire body in one session: start with your arms and torso, then next session do your lower bod. If you have really bad sun damage, and dull/dry (prematurely aged skin), this is a recommended peel.

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## Clarifying & Brightening Mask

Clarifying and Brightening masks are an effective way to treat your skin on a deeper level. I like to use these treatments once or twice a week in order to see significant difference in my skin.



### Andalou Naturals BioActive 8 Berry Fruit Enzyme Mask

\$14.95

[andalou.com](http://andalou.com)

The ingredients in this mask sound more like the perfect summer salad than a skin product, but don't be fooled – These antioxidant-packed ingredients increase cell turnover and combat environmental stressors to revive and renew your skin.



### Farmaesthetics Herbal Hydration Complex

\$48

[farmaesthetics.com](http://farmaesthetics.com)

This is a must-have brand for the organic girl who is looking for an outstanding clean and simple skin care product line. What impresses me about Farmaesthetics is that they take a completely sustainable approach to beauty, which is predicated upon the traditions of American herbalism. I love how this mask leaves my skin feeling fresh and cool – A lovely organic treat for dry skin.



### Tata Harper Resurfacing Mask

\$55

[www.tataharperskincare.com](http://www.tataharperskincare.com)

Tata Harper is a dynamic and naturally beautiful woman on a mission to bring non-toxic and high quality products to women everywhere. This smells like flowers, but is deceptively powerful!



### La Vie Celeste Exfoliating Mask

\$59.99

[www.laviecelesteskinicare.com](http://www.laviecelesteskinicare.com)

I loved this mask from the moment I tried it. The refreshing gel feels so good and cooling on your skin – deceiving that at the same time the glycolic acid is working its magic.



## Creamy or Oil-Based Cleansers

Great for removing makeup and grime - use for step 1 of the **Gorgeous For Good** cleansing regime! In my new book, **Gorgeous For Good**, you will see that I recommend a very specific cleansing regime because the biggest mistake that most women make is that we don't cleanse thoroughly enough. I've looked long and hard to find products that are spot-on for "Step One" of your new regime.



### **Burt's Bees Intense Hydration Cream Cleanser**

\$10

[www.burtsbees.com](http://www.burtsbees.com)

I like that this cleanser is so creamy and does just what I want it to do for this step.



### **Alba Botanica Even Advanced Cleansing Milk**

\$10.99

[www.albabotanica.com](http://www.albabotanica.com)

This is a perfect, moderately-priced cleanser for this step.



### **Juice Beauty Cleansing Milk**

\$22

[www.juicebeauty.com](http://www.juicebeauty.com)

This is a beautiful, lighter cleansing milk that so many of my friends love.



### **Liz Earle Cleanse & Polish Hot Cloth Cleanser**

\$24.50

[us.lizearle.com](http://us.lizearle.com)

Liz was the first to coin the term "Hot Cloth Cleanse" by creating her iconic cleanser, which is sold with a muslin cloth. It smells great and works beautifully.



### **Neal's Yard Remedies Calendula Cleanser**

\$26

[us.nyrorganic.com](http://us.nyrorganic.com)

Calendula is very soothing for sensitive and dry skin – so perfect for getting all the gunk off without irritating your delicate skin.



### Kari Gran Cleansing Oil

\$30

[karigran.com](http://karigran.com)

I love the ritual that goes into using Kari Gran's cleansing oil. Designed for once daily use, massage this oil onto a clean face as part of your nighttime cleanse. Wipe away the excess with a warm washcloth for smooth, impurity-free skin.

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### Living Nature Gentle Makeup Remover

\$30

[www.livingnature.com](http://www.livingnature.com)

I love a milky, gentle cleanser like Living Nature for sensitive skin.

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### Marie Veronique Cleanser

\$32

[marieveronique.com](http://marieveronique.com)

Love all Marie Veronique beautiful cleansers, and this one if perfect for the first step of your cleanse.

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### Dr. Hauschka Soothing Cleansing Milk

\$36.95

[www.dr.hauschka.com](http://www.dr.hauschka.com)

I started using this healing cleansing milk, shortly after I got the most horrific facial burns a decade ago. It was the only thing that my skin could tolerate.

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### Sunshine Botanicals PhytoBasix Dermal Detox PreCleanse

\$39

[www.sunshinebotanicals.com](http://www.sunshinebotanicals.com)

This pre-cleanser is the perfect product for your cleansing ritual in my 30-day program. It truly "melts" away your makeup. You massage it onto your dry skin – so satisfying to see all the gunk and grime dissolve. Your skin is then prepared for the important second step of your cleansing routine.

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### Odacité Rejuvenating Cleanser

\$40

[www.odacite.com](http://www.odacite.com)

Odacité products always feel so deluxe, healing, soothing and amazing. This cleanser wipes away dirt, makeup and grime with all the TLC a girl with sensitive skin could need.

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### **Mukti Hydrating Cleansing Lotion**

\$49.95

[www.muktiorganics.com](http://www.muktiorganics.com)

Mukti started her company to create real, organic, holistic skincare products. Eight years later she still meticulously researches and fine-tunes each formula to protect skin while creating real solutions. Her cleansing lotions are one of her best - a must try!

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### **Tammy Fender - Cleansing Milk Lavender & Fo-Ti**

\$55

[store.tammyfender.com](http://store.tammyfender.com)

I LOVE lavender. I love its color, I love its smell, and I love its regenerating, calming, balancing characteristics. This cleanser is really a treasure – one of the products I look forward to using!

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### **Tata Harper Nourishing Oil Cleanser**

\$64

[www.tataharperskincare.com](http://www.tataharperskincare.com)

Don't be afraid of oil-cleansing – even if you have oily skin because the oils mimic the sebum (oil) in your skin (which is what builds up to form pimples) – so it basically tells your skin that there's enough oil going on, and not to produce more!

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### **The Organic Pharmacy Carrot Butter Cleanser**

\$74

[www.theorganicpharmacy.com](http://www.theorganicpharmacy.com)

The cleanser has a huge cult following: It feels uber-nourishing and remove every bit of makeup and grime.

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## Brightening & Clarifying Cleansers

Use for step 2 of the **Gorgeous For Good** cleansing regime!

I love a good cleanser – It is one of the most simple steps you can take to a truly gorgeous glow. These are some of my favorite cleansers – I know you will love them too.



### One Love Organics Cleansing Sponge

\$10

[oneloveorganics.com](http://oneloveorganics.com)

This is a unique and great way for cleansing – especially when you are on go.



### Hollybeth Organic Foaming Marigold Cleanser

\$15

[www.hollybethorganics.com](http://www.hollybethorganics.com)

Even though this foaming, it doesn't dry out your skin in the slightest.



### MyChelle Fruit Enzyme Cleanser

\$18

[www.mychelle.com](http://www.mychelle.com)

Love that this cleanser contains gentle fruit acids for brightening.



### Ren Rosa Centifolia Foaming Cleanser

\$22

[www.renskincare.com](http://www.renskincare.com)

Ooh - I love the rose in this beautiful cleanser.



### Michael Todd Skin Defender Cleanser

\$22

[www.michaeltoddusa.com](http://www.michaeltoddusa.com)

If you want AHA's to further exfoliate while your cleanse, this is a great choice.



### Michael Todd Charcoal Detox Cleanser

\$23

[www.michaeltoddusa.com](http://www.michaeltoddusa.com)

I love this cleanser for deep, daily detox.

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### Juice Beauty Green Apple Cleansing Gel

\$26

[www.juicebeauty.com](http://www.juicebeauty.com)

The Green Apple in this cleanser digs deep and refines.

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### Golden Path Alchemy Awaken Cleanser

\$28

[www.goldenpathalchemy.com](http://www.goldenpathalchemy.com)

This cleanser is infused with healing herbs, which is wonderful for Step 2 of your cleanse.

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### Painted Earth Optimum 15% Vitamin C Face Wash

\$27

[www.paintedearthskincare.com](http://www.paintedearthskincare.com)

I just love that this face wash contains a significant concentration of Vitamin C, which is great for exfoliation.

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### Sunshine Botanicals Brightening Cleansing Bar

\$40

[www.sunshinebotanicals.com](http://www.sunshinebotanicals.com)

If you prefer a handy bar, this one is wonderful choice and it lasts forever!

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### Alpha-H Liquid Gold Skin Renewal Wash

\$51.95

[www.alpha-h.com](http://www.alpha-h.com)

Fantastic to have renewing ingredients in a “Step 2” cleansing product.

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### **Tata Harper Purifying Cleanser**

\$58

[www.tataharperskincare.com](http://www.tataharperskincare.com)

Tata's purifying cleanser is perfect for Step 2 of your cleanse and will further polish and refine your skin.

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### **Dr. Alkaitis Organic Purifying Cleanser**

\$65

[www.alkaitis.com](http://www.alkaitis.com)

I just adore the Dr. Alkaitis Purifying Cleanser for the second step of my cleanse.

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### **Tracie Martyn Amla Purifying Cleanser**

\$65

[www.traciemartyn.com](http://www.traciemartyn.com)

The Amla cleanser has reached an almost cult-status in many Hollywood circles because it works so brilliantly at purifying your skin – leaving it bright and glowing

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## Essential Oils

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Essential oils are, well, essential. From aromatherapy to direct application, I love to introduce essential oils into my daily routine.



### **Elanveda All Sinus**

\$24.49

[shop.elanveda.com](http://shop.elanveda.com)

We've all had seasonal colds – They're the WORST. You can't be gorgeous and feel sick. That's why I love This natural aromatherapy remedy – It's great for soothing sinus colds.

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### **Mountain Rose Herbs**

\$2 - \$179.50

[www.mountainroseherbs.com](http://www.mountainroseherbs.com)

This is a great supplier for reasonably-priced and good quality oils. They have a massive selection, as well as bulk herbs, spices and teas.

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### **Uma Oils**

\$85 - \$175

[www.uma oils.com](http://www.uma oils.com)

These are the most beautiful essential oil blends I've ever tried. The oils come from an organic estate in India - it is a family-owned business, of which I can verify is the real deal in terms of manufacturing some of the purest and most unadulterated oils on the market. I'm completely addicted to the "Energy" blend - can barely function without it!

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## Exfoliating Cleansers, Pads & Treatments

We've all had the feeling that our skin needs a deep scrub. These products all offer a great clean feeling without stripping your face of its nutrients!



### The Magic Pads

\$19.95

[www.themagicpads.com](http://www.themagicpads.com)

The Magic Pads target acne-prone skin all with a simple, and hugely effective little pad, which contains glycolic acid, salicylic acid, and combats dryness by adding a pump of hyaluronic acid – magical, right?



### derma e Microdermabrasion Scrub

\$27.63

[dermae.com](http://dermae.com)

If you can't afford to go have a microdermabrasion treatment in a salon, this is the next best thing – no wonder it's won awards.



### ARCONA Triad Cleansing Pads

\$32

[www.arcona.com](http://www.arcona.com)

I love to travel with these cleansing pads. They're the perfect pick-me-up after a long flight, a day out on the town or to calm jet-lagged skin.



### Hana Lavender Grains

\$36

[www.hanaorganicskincare.com](http://www.hanaorganicskincare.com)

This mild exfoliator is truly great for all skin types. The combination of oats and flowers calm and soothe skins for a bright complexion!



### Radical Age-Defying Exfoliating Pads

\$75

[www.radicalskincare.com](http://www.radicalskincare.com)

I love these pads because they make deep cleansing really easy – you pretty much get your deep cleanse, exfoliator and peel all in one pad!

## Eye Creams / Treatments

The eyes are the windows to the soul – and to your true age. They're the first thing we look at and the first thing to wrinkle. These treatments aren't the fountains of youth, but I feel confident and gorgeous wearing them!



### Mineral Fusion Brightening Daytime Eye Cream SPF 16

\$24.99

[mineralfusion.com](http://mineralfusion.com)

Rosehip oil and avocado butter come together in this amazing cream to lift and lighten – Lovely all around!



### Ren's Keep Young and Beautiful Firm and Lift Eye Cream

\$40

[www.renskincare.com](http://www.renskincare.com)

It's all in the title right? Our eyes are the first thing to show signs of aging – so show them some love with this replenishing cream.



### Earth Tu Face Eye Repair Serum

\$56

[www.earthtuface.com](http://www.earthtuface.com)

I love the way this serum leaves my skin feeling soft and restored. So gentle, it's perfect for the face and eyes.



### Odacité Ultra Effective Eye Cream

\$95

[www.odacite.com](http://www.odacite.com)

When my eyes are tired and bashed around from taking wearing and removing heavy TV makeup day-after-day – this is my go-to TLC eye cream.



### **Michael Todd Eyeosonic Duo**

\$107

[www.michaeltoddusa.com](http://www.michaeltoddusa.com)

How genius of Michael Todd Organics to come up with a handy little tool, which gently drives their excellent cream into the delicate skin tissue around your eyes – love it!

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### **La Bella Figura Découverte Under Eye Repair Serum**

\$115

[www.labellafigurabeauty.com](http://www.labellafigurabeauty.com)

Fight even the worst wrinkles and dark circles with these healing botanicals. Perfect for tired eyes!

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### **Tatcha Revitalizing Eye Cream**

\$135

[www.tatcha.com](http://www.tatcha.com)

Wow – this is the biggest ever treat for your under eyes and keeps that area hydrated all day long.

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## Potent, Seriously Pro-Active Serums

These serums are serious business – but finding the right serum for you can take some trial and error. Here are my favorites, but definitely do your research to find the perfect one for your skin!



### derma e Firming DMAE Serum

\$22.50

[dermae.com](http://dermae.com)

I love that this serum is in a spray bottle – perfect for complete coverage that starts firming right away!



### Keys ProBiome Anti-Aging Serum

\$24.95

[www.keys-soap.com](http://www.keys-soap.com)

I LOVE this product – it reduces expression lines, tones skin and restores firmness all without chemicals, hormone, synthetic steroids or fillers.



### Elique Organics Smooth

\$49

[www.eliqueorganics.com](http://www.eliqueorganics.com)

When some people hear “serum,” they think heavy, greasy ointments. But this gem from Elique is on a mission to prove them wrong. Feather-weight oils and antioxidant ingredients make this a perfect addition to an everyday routine.



### One Love “Love Springs Eternal”

\$59

[oneloveorganics.com](http://oneloveorganics.com)

I LOVE putting this serum on before I go to bed. It smells amazing, and I wake up to wonderfully refreshed skin.



### **Golden Path Alchemy Renew Serum**

\$60

[www.goldenpathalchemy.com](http://www.goldenpathalchemy.com)

This serum is great for dry, aging skin. Just a few drops leaves my skin feeling balanced and refreshed.

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### **Cosmedix Radiance Skin Management Serum**

\$92

[www.cosmedix.com](http://www.cosmedix.com)

I totally agree when Cosmedix call's this product a "superserum." This formula instantly brightens skin while helping to smooth and soften fine lines, wrinkles and more.

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### **ARCONA Instant Magic Reversal Serum**

\$105

[www.arcona.com](http://www.arcona.com)

Magic is the perfect word for this serum. I love the way it makes my skin feel and look!

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### **Odacité "An Autumn On The World" Vitamin C Serum**

\$149

[www.odacite.com](http://www.odacite.com)

A truly natural (for those who want to avoid all synthetics), version of Vitamin C – LOVE!

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### **The Organic Pharmacy Rose Plus Marine Collagen Complex**

\$235

[www.theorganicpharmacy.com](http://www.theorganicpharmacy.com)

This is expensive, but when you try even one drop, you totally understand why. If I could afford it, I'd slather this wonderfully effective serum over my face and body every single day of the year!

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## Night Creams / Treatments

Say it with me: "Multitasking." You may be sleeping, but your skin can be at work with the perfect night cream. Here are a few that address top problem areas!



### Alba Botanica Hawaiian Oil-Free Moisturizer

\$19.49

[www.albabotanica.com](http://www.albabotanica.com)

I love this reasonably priced daynight moisturizer, especially if you tend toward oily skin.



### Burt's Bees Naturally Ageless Hydrating Night Cream

\$24.99

[www.burtsbees.com](http://www.burtsbees.com)

You're never too young to start fighting wrinkles, and Burt's Bee's night cream is a great way to start. Birch Bark and Shea Butter come together in this potent jar to hydrate even your deepest skin cells.



### Kimberly Sayer Aromatic Night Repair Cream

\$33

[kimberlysayer.com](http://kimberlysayer.com)

This is truly hydration at the cellular level. Just one night and you'll feel even softer, more supple skin. I love that it contains Squalene – a protective barrier naturally derived from olives.



### Tilvee Argan & Sea Buckthorn Age Defying Cream

\$34.99

[www.tilvee.com](http://www.tilvee.com)

Tilvee has always been a favorite because they pack their formulas full of great, nourishing ingredients, while keeping their prices moderate.



### Don't Call Me Ma'am Goodnight Cream Night Cream

\$42

[www.dontcallmemaam.com](http://www.dontcallmemaam.com)

You may be tucking into sleep, but with this night cream, the work has just begun! I love how strong my skin feels after just one use!



### **Lavera My Age Firming Night Crème**

\$52

[www.truenatural.com](http://www.truenatural.com)

Love Lavera. The night cream is perfect for all skin types, with a focus on anti-aging.

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### **Wedderspoon Queen Of The Hive Face Contouring Cream**

\$79.99

[www.wedderspoon.com](http://www.wedderspoon.com)

This rich cream contains healing Manuka honey from New Zealand, and pure Bee Venom, which can signal your skin into quickly producing more collagen.

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### **Neal's Yard Remedies Frankincense Intense Cream**

\$90

[us.nyrganic.com](http://us.nyrganic.com)

In the UK, the Neal's Yard Frankincense creams have won numerous awards because they are deeply "anti-aging."

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### **The Organic Pharmacy Anti-Oxidant Face Cream**

\$95

[www.theorganicpharmacy.com](http://www.theorganicpharmacy.com)

I cannot stress the importance of minimizing pores, which this cream does literally overnight. It smells great, feels wonderful and is perfect for aging skin.

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### **La Bella Figura Aria-Nighttime Cell Recovery Treatment**

\$105

[www.labellafigurabeauty.com](http://www.labellafigurabeauty.com)

Elegant and sophisticated – two perfect words for this treatment. I love this treatment – Great for skin that wants to look (and feel) younger!

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### **Julia T Hunter M.D. Maximal Strength Night Regeneration**

\$149

[www.juliathuntermd.com](http://www.juliathuntermd.com)

Dr. Hunter knows how to create a night treatment, which aims to rewind time. Being the awesome dermatologist that she is – she got so frustrated by not finding what she wanted in a product to recommend to clients, that she created her own pro-strength line.

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### **Tatcha Enriching Renewal Crème**

\$185

[www.tatcha.com](http://www.tatcha.com)

I love this crème. It's ideal for dry and aging skin.

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## Protective Daytime Moisturizers

I cannot say it enough: Sun damage is real, and with any of these great moisturizers you can fight it head on!



### **MyChelle Daily Defense Cream SPF 17**

\$23.50

[www.mychelle.com](http://www.mychelle.com)

This is a great all-in-one cream – Zinc Oxide hydrates and protects in one easy step.



### **Juice Beauty SPF Oil-Free Day Moisturizer**

\$29

[www.juicebeauty.com](http://www.juicebeauty.com)

If you're working about oily skin or blemishes, this oil-free moisturizer is the one for you.



### **Kimberly Sayer Ultra Light SPF 30 Moisturizer**

\$33

[kimberlysayer.com](http://kimberlysayer.com)

This is such a good all-purpose daily moisturizer - just perfect under makeup if you don't want to overload on a heavy moisturizing cream.



### **Don't Call Me Ma'am Face Love Everyday Moisturizer**

\$35

[www.dontcallmemaam.com](http://www.dontcallmemaam.com)

I love a moisturizer that holds to your skin and won't slip all day. This is a great under-makeup solution!



### **derma e Age defying Day Crème with Astaxanthin**

\$39.50

[dermae.com](http://dermae.com)

This crème has some amazing ingredients - It's a great moisturizer with a real focus on defending skin from future damage.

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### **Cosmedix Hydrate + SPF 17**

\$46

[www.cosmedix.com](http://www.cosmedix.com)

This gem hydrates your skin AND protects from sun damage without irritating from synthetic chemicals.

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### **Marie Veronique Everyday Coverage SPF 30**

\$48

[marieveronique.com](http://marieveronique.com)

I cannot emphasize this enough – EVERYONE needs a good moisturizer with a substantial SPF. If you don't already have one, you must try Marie Veronique's Everyday Coverage.

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### **A-ma-ta Performance³ Facial Crème**

\$49.95

[a-ma-ta.com](http://a-ma-ta.com)

Although you will need a sunscreen on top of this crème, I have to say that I am in love with the smell, feel, and specially nurturing ingredients in this beautiful crème.

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### **Aesop Sage and Zinc Facial Hydrating Cream with SPF 15**

\$60

[www.aesop.com](http://www.aesop.com)

I love this classic moisturizer – a great addition to any cabinet!

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## Bio Retinol / Retinol / Vitamin A Formulas

These are formulas that are way less irritating than a conventional Retinol cream.



### Mad Hippie Vitamin A Serum

\$32.99

[www.madhippie.com](http://www.madhippie.com)

This serum is a perfect companion to a regimen that focuses on exfoliation – Mad Hippie's Vitamin A formula enhances cellular turnover to fight sun damage and aging skin.



### Eminence Bamboo Firming Fluid

\$58

[eminenceorganics.com](http://eminenceorganics.com)

Bamboo and coconut come together to deeply hydrate and tighten skin, visibly reducing signs of aging.



### Cosmedix Refine

\$62

[www.cosmedix.com](http://www.cosmedix.com)

This is a lovely product – I love its clean smell and its reviving properties.



### Ren Bio Retinoid Anti-Aging Cream

\$65

[www.renskincare.com](http://www.renskincare.com)

Ren creates really sophisticated products. This one in particular is great for sensitive skin that needs a retinoid boost.



### **Sircuit Cosmeceuticals Infusion-A**

\$80

[sircuitskin.com](http://sircuitskin.com)

This is where Sircuit skin excels – they take an ingredient that we all know we should use, and create a chirally-correct formula that not only really works – but that comes without the irritating side-effects of other brands.

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### **Alpha-H 0.5 Vitamin A Serum**

\$92.95

[www.alpha-h.com](http://www.alpha-h.com)

I love this serum. It's perfect for dry and aging skin.

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### **Marie Veronique Gentle Retinol Serum**

\$110

[marieveronique.com](http://marieveronique.com)

If you want a really gentle retinol serum, this is perfect.

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### **Julia T. Hunter M.D Maximal Therapy Vitamin A +**

\$149

[www.juliathuntermd.com](http://www.juliathuntermd.com)

Our skin is our best defense from the outside world – this serum is designed to strengthen your skin in its fight to keep you gorgeous and healthy!

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## Hydrating / Nourishing Mists & Toners

Mists and toners are great pick-me-ups (or wake-me-ups, depending on your routine). Look for mists and toners with an emphasis on hydration, as non-natural products can strip and dry your skin.



### Jane Iredale Hydration Spray

\$27

[janeiredale.com](http://janeiredale.com)

I have always been obsessed with these hydrating antioxidant sprays as for preparing my skin before making up, and setting my mineral makeup after I've applied it.



### Miyu Hydrating Mist

\$34

[www.miyubeauty.com](http://www.miyubeauty.com)

I use the hydrating mist as a primer for my moisturizer, and as a boost during a long day!



### Sunshine Botanicals DermaShield Defense Mist

\$38

[www.sunshinebotanicals.com](http://www.sunshinebotanicals.com)

Listen up ladies – this is an invaluable addition to your beauty regime. You can use it as a toner and it will infuse your skin with seriously potent antioxidant.

## Great Peptide Creams and Serums

I recommend using peptides big time! Although they are not miracle ingredients (as some marketing blurbs make them out to be), they are very promising, and what I think will become a huge part of pro-active skin care in the future. The science is still relatively new, and it's imperative to purchase from a company with a good track record for both quality, and solid scientific thinking.



### **MyChelle Supreme Polypeptide Cream**

\$56

[www.mychelle.com](http://www.mychelle.com)

This cream is great for sensitive skin that's worried about aging.



### **MyChelle Peptide Anti-Wrinkle Serum**

\$57.50

[www.mychelle.com](http://www.mychelle.com)

This serum is a spruced-up version of MyChelle's extremely popular NoTox – I love its restorative properties!



### **ARCONA Peptide Firming Complex**

\$72

[www.arcona.com](http://www.arcona.com)

This is a great Peptide solution for skin with skin damage due to environment. It makes my skin feel amazing!



### **Sunshine Botanicals Bio-Peptide Cellular Complex**

\$79

[www.sunshinebotanicals.com](http://www.sunshinebotanicals.com)

When I feel like my skin has lost its "glow," I reach for Sunshine Botanicals' Cellular Complex serum. It's an instant pick-me-up.





### **Sarah Chapman's Age Repair Serum**

\$98

[www.sarahchapman.net](http://www.sarahchapman.net)

This is a great entry point to the world of Peptides and anti-aging solutions. I love how this serum is an instant perk up for my skin.

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### **Radical Skincare Advanced Peptide Antioxidant Serum**

\$190

[www.radicalskincare.com](http://www.radicalskincare.com)

I love this Peptide cream because it's paired with nine powerful antioxidants to truly rehydrate your skin.

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## Vitamin C Serums / Mixing Crystals

Since Vitamin C (L-ascorbic acid) can be very unstable and thus lose its efficacy really fast, I only recommend serums that are very stable.



### **Making Cosmetics Water-Soluble Vitamin C (L'ascorbic acid) for mixing into your DIY serums**

\$7.40

[www.makingcosmetics.com](http://www.makingcosmetics.com)

This is a perfect product for either adding to an existing moisturizer, or for making your own recipes that you'll find in **Gorgeous For Good**.



### **Andalou Turmeric & C Enlighten Serum**

\$24.95

[andalou.com](http://andalou.com)

How fantastic that Andalou thought to add Turmeric, one of the most anti-inflammatory ingredients, to this serum.



### **Mad Hippie Vitamin C Serum**

\$33.99

[www.madhippie.com](http://www.madhippie.com)

How much do I love Mad Hippie? They take the stability of their excellent C Serum so very seriously – and I am grateful we are on the same page. Thank you Mad Hippie for making this kind of a great quality serum affordable!



### **Skin Beautiful Dermaceuticals Best Defense Serum Super Stable Vitamin C**

\$49

[www.skin-beautiful.com](http://www.skin-beautiful.com)

When I think about Vitamin C stability – I think of this product. With three extremely stable forms of Vitamin C, it can replenish antioxidant protection for 72 hours!



### **Cosmedix Pure C Mixing Crystals**

\$53

[www.cosmedix.com](http://www.cosmedix.com)

Cosmedix mixing crystals are so finely milled that they will dissolve immediately into any formulation – absolutely love that they come in a handy sifter jar.

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### **Tammy Fender Essential C Tonic**

\$55

[store.tammyfender.com](http://store.tammyfender.com)

I HATE the feeling of thirsty skin. But there's nothing more quenching than Tammy Fender's Essential C Tonic to revitalize thirsty cells.

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### **PureCeuticals Ferulic C Antioxidant Serum**

\$58

[www.pureceuticalsskincare.com](http://www.pureceuticalsskincare.com)

This is one of the best FerulicC serums on the market (especially for the price). They use Resveratrol (A powerful antioxidant derived from red grapes, aids in neutralizing free-radicals, stimulates collagen and has anti-inflammatory abilities) as there are many studies showing it is more powerful than Vitamin E.

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### **Sircuit Cosmeceuticals Weapon +**

\$85

[sircuitskin.com](http://sircuitskin.com)

Photodamage is real, people. Our skin is constantly fighting UV rays, free radicals, pollution ... you name it, your skin is your first line of defense. So give it a hand with Weapon + to help restore hydration, elasticity and radiance you can really see.

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### **Marie Veronique Serum de Jour**

\$90

[marieveronique.com](http://marieveronique.com)

I LOVE how light this serum is. Antioxidant-rich, gentle and effective.

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## Botox Alternatives

Although it's important to be clear that no skin care product will immobilize your muscle contractions in the same way that Botox does, some powerful Peptides such as Argireline will help to soften your muscular contractions, and thus products containing this Peptide are often considered to be a promising, less invasive alternative to botox. The long-term side effects of using a Peptide complex such as Argireline (trade name for a Peptide called acetyl hexapeptide-3), haven't been studied long-term. Also the muscle-relaxing effects only last for about 3 hours, so important to weigh up the pros and cons



### Devita Perfecting Time Serum

\$27.95

[devitaskincare.com](http://devitaskincare.com)

This serum is a real multi-tasker: Deeply moisturizing, feather-light texture and an enemy to wrinkles and fine lines.



### Skin Beautiful Dermaceuticals Time Rewind Anti-Wrinkle Serum

\$49

[www.skin-beautiful.com](http://www.skin-beautiful.com)

Forehead, eyes, smilelines ... This serum is great for every kind of wrinkle.



### MyChelle Peptide Plus Anti Wrinkle Serum

\$57.50

[www.mychelle.com](http://www.mychelle.com)

This serum has a huge fan base! Aside from the anti-wrinkle Peptides, it contains Argan Stem Cells.

## Cleansing Brushes & Accessories

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I love a good brush – There are just some oils and dirt our finger tips can't get out. I also love how brushes can prepare your skin for products – why even bother if your moisturizer or serum won't penetrate the most important layers!



### **AromaSense Handheld Vitamin C Shower Head**

\$69.99

[aromasenseusa.com](http://aromasenseusa.com)

This is a great addition to any shower experience – AromaSense really broke the mold with their Vitamin C Shower Head. It's designed not only to remove pollutants but add in replenishing Vitamin C, making every drop more wonderful!

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### **Michael Todd Soniclear Brush**

\$150

[www.michaeltoddusa.com](http://www.michaeltoddusa.com)

I love the Michael Todd Soniclear Cleansing Brush – not only is it lightweight and chic, but it's also a perfect addition to any skin cleansing regimen. It even improves product absorption for an even more meaningful process! The two things that make the Soniclear brush stand above most of its competitors is that there is an interchangeable face/body brush, which means that you don't need to buy a different brush for your body. There are 3 different built-in speeds for both your face, and your body. But the thing that makes this brush totally unique is that it is the world's first brush to be antimicrobial, which is vital because any other cleansing brush sitting in your shower gets picked up by bacteria within hours!

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## Self-Tanners

We all love a healthy glow, but laying out in the sun is SO 1970s. We know better now. But you don't have to sacrifice a summer look with these great tanners.



### Alba Botanica Very Emollient Sunless Tanner

\$11.49

[www.albabotanica.com](http://www.albabotanica.com)

I love skin with a gorgeous glow, but we all know how dangerous tanning is. This product is great for a sun-kissed look!



### Lavera Self Tanner

\$32

[www.truenatural.com](http://www.truenatural.com)

The smell, the lasting effects, the texture – what's not to love about Lavera's streak-free lotion?



### Suntegrity Self-Tanner

\$36

[www.suntegrityskincare.com](http://www.suntegrityskincare.com)

What a brilliant product! This is what I was looking for years and years! A self-tanner that is also a moisturizer, a sunscreen, and more...



### Tarte Brazilliance Skin Rejuvenating Maracuja Face & Body Self Tanner with Mitt

\$54

[tartecosmetics.com](http://tartecosmetics.com)

This smells amazing, and gives you an instant deep brown tan, while the self-tanning action takes place. When you wash off the temporary tan, you'll be left with a beautiful deep tan that will last for days.



### The Organic Pharmacy Self-Tan

\$69

[www.theorganicpharmacy.com](http://www.theorganicpharmacy.com)

This is a deluxe self-tanner that not only imparts a glorious tan, but that also smells and feels amazing.

## Sunscreen

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### **Alba Botanica Very Emollient Body Lotion SPF 15**

\$14.95

[www.albabotanica.com](http://www.albabotanica.com)

I LOVE this lightweight body lotion – Apply just 15 minutes before sun exposure and you're covered!

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### **Badger Balm All Natural Lavender Sunscreen SPF 30**

\$15.99

[www.badgerbalm.com](http://www.badgerbalm.com)

I love the smell of this sunscreen – Lavender + sunshine? What could possibly be better!

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### **Suntegrity Natural Mineral Sunscreen SPF 30**

\$24

[www.suntegrityskincare.com](http://www.suntegrityskincare.com)

I love that this sunscreen contains Green Tea Extract, Cucumber Extract and Pomegranate Seed Oil for added protection!

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### **Suntegrity 5-in-1 Tinted Sunscreen for the Face**

\$24

[www.suntegrityskincare.com](http://www.suntegrityskincare.com)

I cannot speak more highly of this product. It's a summer must-have. And if you can't be bothered with all the separate daytime products I recommend, you can just grab a tube of this and you'll be good to go.

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### **Keys Solar Rx SPF 30 Daytime Moisturizer**

\$26.95

[www.keys-soap.com](http://www.keys-soap.com)

This moisturizer is a double-whammy – It provides all day sun protection AND it helps with skin irritations.

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### **Coola SPF 30 Unscented Sunscreen**

\$32

[www.coolasuncare.com](http://www.coolasuncare.com)

This hypoallergenic formula is great for sensitive skin that needs added protection!

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### **Coola Rose Essence Facial Sunscreen SPF 20**

\$36

[www.coolasuncare.com](http://www.coolasuncare.com)

Forget your foundations and powders and swap out for this product! Not only does it smell amazing, but this tinted moisturizer has it all in one bottle!

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## BB Creams

BB cream stands for blemish beauty balm (take your pick). Sometimes marketed as an all-in-one, these creams are great alone or with other products!



### Pacifica Alight BB Cream

\$16

[www.pacificabeauty.com](http://www.pacificabeauty.com)

I love how this BB cream makes my skin look totally fresh and untouched – This is great if you don't love the "made-up" look!



### Andalou All-in-one Beauty Balm Sheer Tint SPF 30

\$19.95

[andalou.com](http://andalou.com)

Nourish and brighten your skin with this amazing beauty balm!



### derma e Evenly Radiant BB Cream

\$29.50

[dermae.com](http://dermae.com)

This BB cream imparts a fresh, youthful glow (friends have commented!)



### Suntegrity 5-in-one

\$45

[www.suntegrityskincare.com](http://www.suntegrityskincare.com)

I cannot speak more highly of this product. It's a summer must-have. And if you can't be bothered with all the separate day time products I recommend, you can just grab a tube of this and you'll be good to go.



### **Sunshine Botanicals Solar Eclipse**

\$45

[www.sunshinebotanicals.com](http://www.sunshinebotanicals.com)

I love that this BB Cream is feathery light. It goes on like silk, which is pretty amazing considering it will protect your skin really well, and it also contains antibacterial ingredients, so great for you if you tend toward breaking out.

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### **Jane Iredale Glow Time Full Coverage Mineral BB Cream**

\$48

[janeiredale.com](http://janeiredale.com)

Jane Iredale's BB cream is the thickest one out of all the BB's I recommend, and thus great if you want and need full coverage. I recommend mixing it with a little moisturizer, or a dab of their wonderful primer, and gently smoothing over your face and neck. It is water resistant, so perfect to take on vacation.

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### **Haut Skin Care BB Cream**

\$99.50

[hautcosmetics.ca](http://hautcosmetics.ca)

Another gorgeous, nourishing BB cream that delivers just the right amount of moisture, protection, and coverage.

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# Body

Ok, so we've talked a lot about your face. But let's talk about your body! Great cleansers, moisturizers and balms can make a huge difference – so definitely don't ignore the rest of your skin!



## Andalou 1000 Roses Soothing Body Lotion

\$9.95

[andalou.com](http://andalou.com)

This lotion has everything a great body moisturizer should – age defying innovations, ingredients that smooth and soften and a perfectly non-greasy texture.

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## Out Of Africa Shea Body Lotion

\$9.99

[www.outofafricashea.com](http://www.outofafricashea.com)

This is my favorite right-after-a-shower moisturizer – Deeply hydrating and nourishing!

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## Organic Essence Shea Butter

\$11.49

[organic-essence.com](http://organic-essence.com)

Not only do these butters come in the best ever eco cardboard jar (with a little wooden spoon) but unlike some of the other butters, they add enough lovely essential oil to really make a difference. It's intensely moisturizing.

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## TASTYFACE Peppermint And White Chocolate Shave Cream

\$15

[tastyfaceorganics.myshopify.com](http://tastyfaceorganics.myshopify.com)

This is an amazing products for men and women. Nourish your skin and reduce razor burn all in one!

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## Para'Kito Protection Bands

\$18.25

[www.parakito.com](http://www.parakito.com)

It's hard to be gorgeous when you're covered in mosquito bites! That's why I love Para'Kito's refillable protection bands – all day protection without the sticky spray!

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## Metta Hand Balm

\$22

[www.mettaskincare.com](http://www.mettaskincare.com)

This hand balm is my go-to after a long dish washing session. It deeply nourishes without leaving me greasy. Love it.

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## Kelly Teegarden Organics The Royal Body Lotion

\$25

[www.kellyteegardenorganics.com](http://www.kellyteegardenorganics.com)

I love to spoil myself with this lotion – perfect for everywhere on your body!

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## Bellabaci Cellulite Be Gone Genie

\$29.95

[www.bellabaci.com](http://www.bellabaci.com)

This is totally a secret weapon – Fight cellulite, orange peel effects and stretchmarks all in one bottle.

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## Board and Batten Cover Me, Honey

\$35

[farmtoskin.com](http://farmtoskin.com)

Their farm-to-skin "Cover me, Honey" is the most insanely delectable body lotion ever!

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## SunDriven Long Driving Gloves

\$38

[www.sundriven.com](http://www.sundriven.com)

I cannot live without my SunDriven gloves because they protect my delicate hands from aging before my very eyes while driving" You can also cut the finger tips off and use to protect your hands under the UV lamps if you have gel manicures.

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## Bellabaci Cellulite Body Cups

\$49.95

[www.bellabaci.com](http://www.bellabaci.com)

This cups are absolutely genius for pummeling away your cellulite. You can also use all their great cellulite oils products to accompany the cups (see product below).



### **Mukti Pink Grapefruit Body Lotion**

\$59.95

[www.muktiorganics.com](http://www.muktiorganics.com)

I love the smell and feel of those non-greasy moisturizing treatment! Great for men and women.

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### **A-ma-ta (by Dr. Christine Northrup) Performance Body Lotion**

\$64.95

[a-ma-ta.com](http://a-ma-ta.com)

I feel like I'm delivering my body a huge dose of TLC when I slather myself in this gorgeous moisturizer.

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### **One Love Organics Body Serums**

\$100

[oneloveorganics.com](http://oneloveorganics.com)

I love this gift set – Four body serums (Rose, Neroli, Chamomile, and Lavender) that deliver a mist of deliciously moisturizing oils.

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### **BelleCore Body Buffer**

\$150 - \$500

[www.bellebodybuffer.com](http://www.bellebodybuffer.com)

This is a high-end investment, but one that has many functions - it pummels your cellulite away, while exfoliating your entire body, and giving your tight muscles a run for their money - pretty amazing product!

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## Deodorants

This is one of the best ways to convert to a natural product. You've heard the rumors – deodorants can often hide unwanted chemicals. Be safe and make the switch – I promise you won't regret it.



### Schmidt's Natural Deodorant

\$9

[schmidtsdeodorant.com](http://schmidtsdeodorant.com)

All the girls on the set switched to this when I did a Home & Family segment on non-toxic deodorants, and I haven't had one single complaint!



### Piperwai Natural Charcoal Deodorant

\$11.99

[www.piperwai.com](http://www.piperwai.com)

This is a great deodorant for sensitive skin – It's handcrafted in small batches with no irritants!



### Soapwalla Deodorant Cream

\$14

[soapwallakitchen.com](http://soapwallakitchen.com)

I love this deodorant – It goes on so smoothly, and absorbs quickly!



### Organic Essence Deodorant

\$9.99

[organic-essence.com](http://organic-essence.com)

It's like a popsicle push-up...literally! I just love the Organic Essence eco-packaging, and this little guy manages to avoid creepy chemicals while keeping you smelling sweet.



## Soaps & Body Wash

More treats for your body – These soaps and washes and spruce up any shower!



### Soap Box Soaps

\$4.99 - \$7.99

[www.soapboxsoaps.com](http://www.soapboxsoaps.com)

This soap is on a mission to change the world! They've donated soap to Haiti, Ecuador, Honduras, Canada, Kenya, Uganda, Thailand, India, South Africa, Zambia and the USA. Soap = Hope, I LOVE IT!



### Shea Yeleen Lavender Ylang Ylang Shea Butter Soap

\$5.50

[www.sheayeleen.com](http://www.sheayeleen.com)

I love a great smelling soap as part of my morning shower – and Shea Yeleen's Lavendar Ylang Ylang is fantastic.



### Further Soap

\$12.50

[furtherproducts.com](http://furtherproducts.com)

It's no wonder that every seriously fancy restaurant in LA boasts a big bottle of Further Soap in their upscale bathrooms – not only does it smell incredible, but it's made from depleted vegetable oil (from restaurants), where it's turned into bio fuel and then personal care products. The founders are truly thought leaders extraordinaire.



### Pursoma Resurrection Bath

\$32

[www.pursomalife.com](http://www.pursomalife.com)

I LOVE this bath - With only four ingredients, you know it has to pack a punch. Eco-cert French green clay, French grey sea salt, wild-crafted brown seaweed and spirulina ... I say "Oui, s'il vous plaît!"

## Travel Kits

Life on the road is rough. You're breaking your routine, you're exposing your skin to different environments ... That's why I love these travel kits. They provide the comforts of home and the benefits of an amazing routine.



### **Hana Essential Travel Kit**

\$35

[www.hanaorganicskincare.com](http://www.hanaorganicskincare.com)

I always love to have a travel kit ready. It's so awful to have to piece it together last minute, and to find yourself without your trusty moisturizer on the road. That's why I love Hana's Essential Travel Kit – Everything you need in one handy bag!



### **Earth Tu Face Voyage Travel Kit**

\$64

[www.earthtuface.com](http://www.earthtuface.com)

This kit is perfect for a day on the road. It has everything you need for a quick pick-me-up: Face wash, face serum and body butter.



### **Laurel Travel Set: Gentle**

\$68

[www.laurelskin.com](http://www.laurelskin.com)

I cannot say enough wonderful things about this travel set - It has everything tired, sensitive skin needs after a long day of traveling. Not only is their cleanser amazing, but the anti-inflammatory serum and the amend grain exfoliant are such great pick-me-ups.

# Makeup

The makeup section of this book could go on and on, so trust me when I say these are my favorite products. You really can't go wrong with any of these!

## Mascara



### Honey Bee Gardens Truly Natural Mascara

\$11.99

[honeybeegardens.com](http://honeybeegardens.com)

People flock to buy this mascara! Why? Cos it really does manage to avoid all suspect ingredients, and it looks gorgeous on your lashes.



### Pacifica Stellar Gaze Mascara

\$14

[www.pacificabeauty.com](http://www.pacificabeauty.com)

This mascara is the holy trinity of lashes – It lengthens, strengthens and adds volume. I love their “stardust” brown!



### Jane Iredale Open Your Eyes Mascara

\$16

[janeiredale.com](http://janeiredale.com)

Think of this mascara as conditioner for your lashes. Not only will you get meaningful tint, but you'll nourish your beautiful lashes!



### Mineral Fusion Volumizing Mascara

\$18.99

[mineralfusion.com](http://mineralfusion.com)

If you're worried about lack-luster lashes, this volumizing mascara is the one for you.



### **Tarte Light Camera Lashes**

\$20

[tartecosmetics.com](http://tartecosmetics.com)

This is the go-to oil-free mascara that the makeup artists use on the Home & Family set.

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### **Earth Lab 100% Raw Mascara**

\$25

[www.earthlab.ca](http://www.earthlab.ca)

I love this vegan mascara – yes, you read that right! Your lashes definitely deserve this luxurious all-natural treat!

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## **Lipstick**

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### **W3ll People Nudist Color Balm Stick**

\$19.50

[w3llpeople.com](http://w3llpeople.com)

For the times when I only need a touch of color, I reach for W3ll People Nudist Color Balm Stick. It's the perfect hint of lipstick.

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### **StormSister Elizabeth Lipstick**

\$20

[www.stormsisterspatique.com](http://www.stormsisterspatique.com)

The Stormsister "Elizabeth" lipstick is a creamy pinkybeige natural shade that works for everyone!

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### **Ilia Lipsticks**

\$26

[iliabeauty.com](http://iliabeauty.com)

No wonder these babies have a huge cult following in Europe –they are absolutely beautiful in every respect – with a huge color collection to choose from.

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### Vapour Beauty Siren Lipstick

\$24

[www.vapourbeauty.com](http://www.vapourbeauty.com)

I love this long-wearing, all natural lipstick. I can honestly say I love every color!

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### Jane Iredale Pure Moist Lipstick

\$25

[janeiredale.com](http://janeiredale.com)

I am a bit obsessed with the Pure Moist Lipsticks because they deliver just the right amount of pigment and moisture, while offering shades that I can't resist.

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## Lip Gloss

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### Splurge Tinted Lip Buttah

\$7

[splurgeskincare.com](http://splurgeskincare.com)

They make my lips so soft and silky. My daughter stole all my tinted Lip Buttahs – say no more!

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### Burt's Bees Lip Gloss

\$9

[www.burtsbees.com](http://www.burtsbees.com)

We've all used it – but I cannot create a list of great lip glosses without including Burt's Bees!

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### Mineral Fusion Pure Moisture Sheer Lip Tints

\$9.99

[mineralfusion.com](http://mineralfusion.com)

Sometimes a tint is just enough. And I love the pencil design – Great for on-the-go application.

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### Juice Beauty Reflecting Gloss

\$15

[www.juicebeauty.com](http://www.juicebeauty.com)

These glosses are fully of beautiful antioxidants and omega-rich pigments. I love them more every time I put one on.

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### Kelly Teegarden Naturally Hydrating Lip Gloss (in a light-up container!)

\$19.99

[www.kellyteegardenorganics.com](http://www.kellyteegardenorganics.com)

I keep one of these well beyond its sell-by-date because I love the little light-up container with a mirror. Whenever I used in a restaurant at night, at least three women would come up and ask me where I got it.

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### Kari Gran Lip Whip Radiant

\$20

[karigran.com](http://karigran.com)

This is a purse-staple for me. I love the mega-watt color in a tiny jar. Perfect for a night out!

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### Painted Earth Mineral Lip Mousse

\$22.50

[www.paintedearthskincare.com](http://www.paintedearthskincare.com)

I LOVE this gloss's demi-matte finish – Great gloss for day or night.

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### W3ll People Bio Extreme Lip Gloss

\$23.50

[w3llpeople.com](http://w3llpeople.com)

This lip gloss uses cutting-edge Peptide plumping and regenerating technology to give you beautiful, youthful lips.

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### Jane Iredale PureGloss Lip Gloss

\$24

[janeiredale.com](http://janeiredale.com)

This is a go-to gloss for me. Just the right amount of tint with a lovely creamy feel!

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## Eye Shadow Palette



### Pacifica Enlighten Eye Brightening Palette

\$14

[www.pacificabeauty.com](http://www.pacificabeauty.com)

This shadow lasts ALL day – A great long-wear solution!



### Honey Bee Gardens Cosmopolitan Eye Shadow Palette

\$29.99

[honeybeegardens.com](http://honeybeegardens.com)

I need a shadow that can last all day, and Honeybee Garden's Cosmopolitan Eye really holds out! Great for users who are concerned about creasing shadows!



### Josie Maran Argan Beautiful Eyes

\$36

[www.josiemarancosmetics.com](http://www.josiemarancosmetics.com)

This is a great compact. I love its palm-size and its compact mirror. Perfect for any purse.



### Nvey Eco Shadow Palette

\$39.99

[us.nveyeco.com](http://us.nveyeco.com)

Nvey has created a great palette for every skin tone in this awesome collection. Great nudes paired with bright colors make this a winning combination.



### Jane Iredale Eye Shadow Kit

\$55

[janeiredale.com](http://janeiredale.com)

The golds and ambers in this kit is perfect for any eye color – and even better for summer smoky eyes!

## Liquid Foundation



### Pacifica Ultra CC Cream Foundation

\$18

[www.pacificabeauty.com](http://www.pacificabeauty.com)

I love this lightweight CC cream – it's great for layering and lasts all day.

[6 - Pacifica-Ultra-CC-Cream-Radiant-Foundation.jpg]



### Josie Maran Argan Matchmaker Serum Foundation

\$42

[www.josiemarancosmetics.com](http://www.josiemarancosmetics.com)

Miraculous how this Argan oil-infused foundation just matches your exact skin shade – how on earth does that happen??



### Certified Organic Flora Liquid Foundation

\$44.95

[www.zuiiorganic.com](http://www.zuiiorganic.com)

It is so worth ordering one of these. They provide a beautiful medium coverage, which looks natural, yet flawless.



### Youngblood Liquid Mineral Foundation

\$49

[www.ybskin.com](http://www.ybskin.com)

I love multitasking, which is probably why I love Youngblood's Liquid Mineral Foundation. It gives you full coverage with deep hydration!



### Vapour Atmosphere Soft Focus Foundation

\$50

[www.vapourbeauty.com](http://www.vapourbeauty.com)

Even when you're wearing make-up your skin can look healthy, thanks to Vapour Beauty!





### **Living Nature Illuminating Foundation**

\$55

[www.livingnature.com](http://www.livingnature.com)

Years ago, one of my readers turned me onto this foundation, and I'm so glad they did. It's a perfect everyday foundation, which offers a light-to-medium coverage in a variety of beautiful shades.

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## **Stick Foundation**

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### **W3ll People Narcissist Stick Foundation**

\$39.75

[w3llpeople.com](http://w3llpeople.com)

This is a treatment in a stick! It is so easy to travel with, and imparts an easily buildable coverage, which lasts - LOVE!

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### **Vapour Atmosphere Luminous Foundation**

\$42

[www.vapourbeauty.com](http://www.vapourbeauty.com)

So easy to apply, lightweight and moisturizing. This is totally a winning combination!

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## **Mineral Powder Foundation**

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### **Jane Iredale Amazing Base Loose Powder Mineral Foundation**

\$44

[janeiredale.com](http://janeiredale.com)

If you prefer loose powder to pressed, I cannot recommend this product enough. With SPF 20 and exceptional coverage – this product is truly one in a million.

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### Christopher Drummond

\$50 - \$65

[www.christopherdrummond.com](http://www.christopherdrummond.com)

Love Christopher Drummond's makeup especially his velvety foundations.



### Jane Iredale Pure Pressed Base Mineral Foundation (SPF 20)

\$52

[janeiredale.com](http://janeiredale.com)

This has got to be the queen of mineral foundations – truly the perfect pressed mineral foundation that doesn't contain bismuth (an irritating ingredient that some other brands contain). You can apply either with a dry Kabuki brush, or spritz your brush with a Jane Iredale antioxidant mist so that it goes on like a liquid foundation. I love that it also contains SPF 20)

## Cheeks



### Hana Rouge Lip & Cheek Tint

\$14

[www.hanaorganicskincare.com](http://www.hanaorganicskincare.com)

I love this double-duty lip and cheek tint. A great addition to any emergency make-up kit!



### Jane Iredale In Touch Cream Blush

\$27

[janeiredale.com](http://janeiredale.com)

I love a dewy cheek and this creamy blush is the perfect tool to achieve this youthful look.



### Zuii Pressed Blush

\$28.95

[www.zuiiorganic.com](http://www.zuiiorganic.com)

Rose petals and Jasmine buds come together in this gorgeous dreamy blush. Five amazing colors complement every skin tone.



### L'Eclisse Pressed Mineral Blush

\$30

[leclissecosmetic.com](http://leclissecosmetic.com)

I love this talc-free sheer blush. Great for a natural look.

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### W3ll People Universalist Luminous Multi-Use Color Stick

\$34.50

[w3llpeople.com](http://w3llpeople.com)

This a must-have addition to your makeup bag – it will give your cheeks (and lips) a punch of color when you are on-the-go, or in a hurry!

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## Makeup Brushes

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### Jane Iredale Makeup Brushes

\$14

[janeiredale.com](http://janeiredale.com)

I simply love [all of Jane's cruelty-free brushes](#), but her eyeliner brush is the best I've ever owned. I purchased it 8 years ago, and I still won't use any other!

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### Mineral Fusion Foundation Brushes

\$29.99

[mineralfusion.com](http://mineralfusion.com)

A great foundation brush is a real game changer – it can take any make up routine from heavy-handed to artfully applied. I love Mineral Fusion's foundation brushes – they're perfect for any user type!

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## Fake Eye Lashes and Eye Lash Treatments

This is a favorite topic of mine – Lashes are tricky, but when done right, can make all the difference!



### Chella

\$7 - \$90

[chella.com](http://chella.com)

Chella make a fantastic healthynon-toxic lash lengthening and conditioning formula, and a handy heated eyelash curler, which is great for NOT ripping out your lashes as some curlers are prone to do.



### Georgie Lashes

\$15 - \$18

[www.georgiebeauty.com](http://www.georgiebeauty.com)

These are the most beautiful fake lashes ever, and they are sold with a non-toxic adhesive.[2 - 01\_\_39857.1405424562.1000.120.jpg]



### MakeupMandy

\$18 - \$140

[makeupmandy.com](http://makeupmandy.com)

Mandy is the non-toxic lash extension queen. She has an A-list clientele in her adorable Hollywood studio, and manufactures all her own products to ensure safety and quality.

# Hair

For many, hair care is worthy of its own eBook. There's so much to discuss – shampoos and conditioners, leave-in treatments and styling products. These are my top product recommendations – if you don't see a recommendation that perfectly fits your hair type or need, check out [SophieUliano.com](http://SophieUliano.com) for more ideas!



## Mineral Fusion Vibrant Shine Shampoo and Conditioner

\$9.99

[mineralfusion.com](http://mineralfusion.com)

This shampooconditioner combination is great for color treated hair – It's deeply nourishing and clarifying.

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## John Masters Zinc and Sage Shampoo with Conditioner

\$20

[johnmasters.com](http://johnmasters.com)

It's hard to be gorgeous with dry, crunchy hair. I love John Masters' shampoo with conditioner because it makes my hair shiny, stronger and fuller.

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## Emtage Silktage Scalp Repair

\$20

[emtagebeauty.com](http://emtagebeauty.com)

Sometimes, even I forget that great hair starts with a healthy scalp, but with this awesome repair oil, you can fight itchiness, dryness, eczema, psoriasis and dandruff.

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## John Masters Lavender and Avocado Intensive Conditioner

\$22

[johnmasters.com](http://johnmasters.com)

There's nothing I love more than the smell of lavender in the morning. I love this product for its smell, and for its powerful conditioning!

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## John Masters Green Tea & Calendula Leave-In Conditioning Mist

\$24

[johnmasters.com](http://johnmasters.com)

I love this super-lightweight Leave In Conditioning Mist. Perfect for hair that's going to be out in the sun – nourishing and strengthening all day.



### **John Masters Shine-on Leave-in Hair Treatment**

\$30

[johnmasters.com](http://johnmasters.com)

This is amazing for all hair types – adding shine, volume and softness without weighing you down.

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### **Surya Brasil Sapien Woman Shampoo**

\$31.99

[shopsuryabrasil.com](http://shopsuryabrasil.com)

Wow this shampoo is incredibly moisturizing due to the unusual Amazonian butters and oils that they pack into it. It's a beautiful treat for dry, damaged hair.

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### **Emtage Silktage Rejuvenating Styling Serum**

\$39

[emtagebeauty.com](http://emtagebeauty.com)

Don't be afraid of putting oil in your hair – this deeply nourishing serum takes on dry, stressed, over-processed, frizzy hair to strengthen from root to end.

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### **Mukti Botanique Shampoo**

\$44.95

[www.muktiorganics.com](http://www.muktiorganics.com)

This shampoo is great for dull hair – Horsetail, nettle and sage boost shine, body and bounce!

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### **Mukti Botanique Conditioner**

\$44.95

[www.muktiorganics.com](http://www.muktiorganics.com)

If you're worried about tangles, I cannot recommend this conditioner enough. Great for sensitive hair follicles.

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### **Tammy Fender Omega Rich Hair Cleansing Crème**

\$45

[store.tammyfender.com](http://store.tammyfender.com)

I love how rich my hair feels after just one wash with this cleansing crème. It's like a trip to the spa for your hair.

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## Hair Tools



### **Bio Ionic**

[www.bioionic.com](http://www.bioionic.com)

I've cherished my Bio ionic hair tools (dryer, One Pass straightening iron, and curling tongs), for years. They are so well made, and honestly, my hairstyle is as good as the tools that help create it.

## Nail Polish

I definitely talk with my hands, so it's really important to me that my hands look as gorgeous as possible. We've already talked moisturizers and lotions, so let's talk about nail care!



### Mineral Fusion

\$7.99

[mineralfusion.com](http://mineralfusion.com)

Mineral Fusion polishes just never seem to chip, so they are perfect for a long-lasting pedi.



### Spa Ritual

\$8 - \$15

[www.sparitual.com](http://www.sparitual.com)

This is another non-toxic brand that I've been using for years. Their collections are often sold in high-end spas and salons, and I like that you can look up color palettes on their site.



### PritiNYC Nail Polish

\$9 - \$22.50

[www.pritinyc.com](http://www.pritinyc.com)

I'm crazy about PritiNYC polishes, and all their delectable shades. Every few months they come out with a new seasonal collection, and their [soy polish remover](#) is off the charts (because it's the one remover that doesn't dry out your nails).



## Perfume

Wow - I'm natural perfume obsessed, and am happy to report that these new artisan perfumes smell nothing like what your grandma wore. I have become very sensitive to the chemicals in synthetic perfumes – just one whiff in an elevator or store can leave me feeling nauseous and dizzy. These cheap perfumes are not only cloyingly sweet/sickly, but full of harmful chemicals. Check out my healthy picks below:



### **Tsi La**

\$44 - \$125

[tsilaorganics.com](http://tsilaorganics.com)

Tsi La perfumes are completely organic, healthy, and come in the prettiest bottles, which you'll want to pop in your purse, or showcase on your vanity. There's not one scent that I don't love.



### **The Organic Pharmacy Perfume Collection**

\$249

[www.theorganicpharmacy.com](http://www.theorganicpharmacy.com)

These are the perfumes that I save up for. I need to start an Organic Pharmacy Perfume fund because these perfumes are beyond anything I've ever smelled. The Eau Oud is so popular that when I was in the store in Beverly Hills, a woman came in from Dubai and snapped up 10 of them!



### **La Vanila The Healthy Fragrance: Coconut Vanilla Spray**

\$58

[www.lavanila.com](http://www.lavanila.com)

This sweet (but not cloying sweet) delectable fragrance reminds me of being on vacation in Tahiti – ohhhhh, take me back! The Healthy Perfume collection is huge, with sprays, roller balls, and perfume oils - all completely non-toxic.



### **Gwendolyn Mary Perfume**

\$45

[www.gwendolyn-mary.com](http://www.gwendolyn-mary.com)

Whenever I wear a Gwendolyn Mary perfume, someone swoons: "OMG – what are you wearing?" Perfumer Kathleen Laccinole went to Grasse in France to study perfumery and learned from some of the best "noses" in the world. Her beautifully presented collection of perfumes are hand-poured into small roller bottles that you are supposed to layer, depending on how you feel. Kathleen likens the chords of her perfumes to the musical chords, and even suggests which piece of classical music you may like to listen to while you burn one of her perfumed candles.

## Tea

I'm English – I love tea. There's no way to deny it. It's my favorite morning, lunchtime, afternoon, dinner time, dessert treat. With countless health and beauty benefits, tea is a great way to give something back to yourself.



### **LOV Organic Tea**

\$13.40 – 23.60

[us.lov-organic.com](http://us.lov-organic.com)

I “lov” everything about this tea – With great and classic flavors, it's a great addition to any tea cabinet.



### **Miyu De-Stress Beauty Tea**

\$16

[www.miyubeauty.com](http://www.miyubeauty.com)

The beauty of this tea starts with the packaging and ends with the perfect final sip. I love its earthy flavors (peppermint, licorice and chamomile), and how great it is for stressed skin.



### **Aiya Matcha To-Go Stick Packs**

\$18.80

[aiyamatcha.com](http://aiyamatcha.com)

I love Matcha tea – It's a favorite part of my daily routine. It's SO great to have Matcha ready of the fly – Even when I'm away from my home I can enjoy one of its comforts.

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## Beverages / Water

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One of the most important things you can do is to drink half your body weight in ounces of filtered water daily. Rather than further trash the environment by purchasing one-time-use plastic bottles, I recommend either a whole home water filtration system, or a water filtration pitcher.



### So Delicious

\$2.89 and up

[sodeliciousdairyfree.com](http://sodeliciousdairyfree.com)

So Delicious milks, creamers, desserts and yogurts are all dairy-free, which means they are perfect for my vegan 30-day program in my new book **Gorgeous For Good**.

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### Kaeng Raeng Cleansing Powders

\$9.99 - \$79.99

[kaengraeng.com](http://kaengraeng.com)

I don't love many smoothie mixes (some can be downright unhealthy), but these vegan mixes are made from fresh fruits, healthy veggie protein, and clean probiotics, which make for an easy smoothie, especially when you are traveling, or on-the-go.

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### Tula's CocoKefir Probiotic Drink and Pudding

\$10.99 and up

[cocokefir.com](http://cocokefir.com)

Made from fermented young coconuts, these probiotic drinks and delicious coconut puddings are off the charts in terms of getting a potent probiotic punch.

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### Pure Inventions Drops

\$18 - \$32.95

[www.pureinventions.com](http://www.pureinventions.com)

Pure Invention drops are a genius way to enhance your water and take it to an entirely new level. I just love their green tea extract drops – a great way to get all those powerful anti-oxidants in your regular water!

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### **The Goodly Company - Humic and Fulvic Acid concentrates**

\$20 - \$151

[thegoodlyco.com/](http://thegoodlyco.com/)

Have you heard of Black Water? Sounds strange right? Well - it's actually very cool stuff because it's made from humic acid, which is one of the purest/richest mineral sources on Earth. The Goodly Company is my favorite source of "black water" because not only are they backed up with research and the kind of certifications that are important, but they also offer a number of concentrates, which are super beneficial for detoxing, boosting metabolism, strengthening immunity, and much more.

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### **Mavea Water Pitcher**

\$34.95

[www.mavea.com](http://www.mavea.com)

My favorite water filter pitcher by far is the Elemaris by Mavea. You don't need to pre-soak the filter, there are no strange black bits floating around your water, it removes all the really harmful stuff, and your water tastes amazing (plus, I'm a sucker for the gorgeous pitcher design and choice of colors!)

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### **LifeSource Water Whole Home Water Filtration System**

[www.lifesourcewater.com](http://www.lifesourcewater.com)

I get asked a lot of questions about my recommendations for the best home system, and LifeSource is the one! This is a family-run company who cares about the environment. Unlike reverse osmosis, which wastes precious water and takes the good out with the bad, the LifeSource technology removes everything you don't want in your water, while keeping the important minerals in.

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## In and Around your Home

I believe in holistic green living, which includes your home! From cooking to cleaning to comforts, you can do it gorgeously without sacrificing anything!



### Ecos

\$2.79 and up

[www.ecos.com](http://www.ecos.com)

Now that you are all greened up, you need the healthiest and most effective cleaning products on the market to cleanse your home, clothes, towels, face clothes and robes, right? Ecos is the real thing, with products for every single cleaning task that I totally love. Who doesn't want their towels [smelling of magnolia and lily!](#)



### The GreenPan

\$8.99 - \$129.99

[www.green-pan.us](http://www.green-pan.us)

I love GreenPans for light frying and sautéing - and of course they are non-toxic with a unique ceramic coating.



### Juniper Ridge

\$30 - \$40

[juniperridge.com](http://juniperridge.com)

Their "cabin" room sprays are so enchanting - and will make your home smell like you are on a walk in the wilds of California.



### Coyuchi Organic Robes and Loungewear

\$57 - \$176

[www.coyuchi.com](http://www.coyuchi.com)

If you are getting your organic green lifestyle on, it makes sense to wrap yourself in soft organic fabrics. I just adore all the loungewear, robes and bedding from Coyuchi - the ultimate in eco-luxury. Their [Verbena Pant](#) is my new fav lounge-around/yoga pant because its airy, comfy, and very flattering.



### **360 Cookware**

\$79.95 - \$399.95

[www.360cookware.com](http://www.360cookware.com)

I don't even know where to start with 360 Cookware, but I can tell you – I've gotten rid of a majority of my pots and pans after trying out this line. Each product uses vapor cooking technology, eliminating the need for oils or fats in cooking, plus foods cook much faster and more flavorful. I love them.

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### **Live Longer Pillow**

\$399 - \$499

[livelongerpillow.com](http://livelongerpillow.com)

I honestly thought this was a load of hogwash until I tried one of these pillows. They are filled with Pinus Cembra wood shavings – this is a wood sourced sustainably from rare forests in the Northern Hemisphere, where this wood is understood to release all kinds of benefits related to deep sleep and stress relief.

I have to admit that I know can't sleep without my Live Longer pillow, which I wrap my arms around to stretch out my shoulders. It works beautifully for this purpose because a regular pillow heats me up too much, whereas this pillow keeps my body at a perfect temperature (despite the onset of hot sweats!)

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### **Blendtec Blenders**

\$279.95 - \$1034.95

[www.blendtec.com](http://www.blendtec.com)

Blendtec is truly the king of blenders. These machines do everything gorgeously - From smoothies to soups to sauces, even homemade beauty products. This is definitely the most used machine in my kitchen!

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## Candles

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You can never have enough candles – that’s a personal motto of mine. But truly amazing candles can change a space – these are some of my favs.



### A-ma-ta Soy Candles

\$19.95

[a-ma-ta.com](http://a-ma-ta.com)

If you like a light fresh scent from a candle, then the A-ma-ta Soy Candle is perfect for you. With all natural botanical ingredients, this citrus candle features floral notes – lovely.

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### Andrea Schroder Candles

\$35

[www.andreaschroder.com](http://www.andreaschroder.com)

You can’t go wrong with any of the Andrea Schroder candles. They’re all scrumptious (and make AMAZING gifts!).

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### Ursa Major Trailside Candle

\$40

[www.ursamajorvt.com](http://www.ursamajorvt.com)

Take a second and imagine the smell of the most scenic hiking trail you’ve ever been on. Then open your eyes and buy Ursa Major’s Trailside Candle – It’s perfect for those moments you wish you could run away and be in nature!

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## On- and Offline Beauty Stores I Love:

Take a look at some of these stores because many of them carry a bunch of my recommended products + other enticing ideas.



**Cult Beauty**

[www.cultbeauty.co.uk](http://www.cultbeauty.co.uk)

For those of you who live in the UK.



**Exhale Spa**

[exhalespa.com](http://exhalespa.com)

All of the Exhale Spa locations boast a boutique where you can buy many of the skin care brands that I love.



**Planet Beauty**

[www.planetbeauty.com](http://www.planetbeauty.com)

They are a growing chain of lovely beauty supplies throughout California.



**Space NK**

[us.spacenk.com](http://us.spacenk.com)

I cannot get enough of their new US and UK online stores, and their beautiful bricks and mortar locations where you can shop to your heart's content.



**Spirit Beauty Lounge**

[www.spiritbeautylounge.com](http://www.spiritbeautylounge.com)

One of my favorite web-destinations. I love their site, their reviews and their selection.